

Teriyaki Tofu and Stir Fried Noodles

Teriyaki Sauce

1/4 Cup of Soy Sauce

1/4 Cup of Rice Wine Vinegar

2 Tbs of Sugar

1 Tsp of Grated Ginger

Instructions:

In a small saucepan, whisk together 1/4 cup of soy sauce, 1/4 cup of Rice Wine Vinegar, 2 tablespoons of sugar, and 1 teaspoon of grated ginger. Bring the mixture to a boil and then reduce the heat to a simmer, stirring frequently, until the sugar has dissolved and the sauce has thickened a bit, approximately 5 minutes. Remove from heat and let cool while you prepare the tofu and vegetables.

Tofu Recipe

1 Pack Extra Firm Tofu

1/2 Tsp Salt

1/2 Tsp Black Pepper

1/2 Tsp Garlic Powder

1 Tbs Corn Starch

Tofu Instructions

For the tofu, I personally prefer to work with the extra firm tofu, since it is much easier to work with. Start by pressing out any excess water by covering it in a clean kitchen towel or paper towel while applying pressure for 15-20 minutes. Then, chop the tofu into small bite-sized pieces. In a separate bowl, whisk two tablespoons of salt, pepper, garlic powder and cornstarch. Toss the tofu in the cornstarch mixture until coated, then place on an oiled tray and stick it into your air fryer. If you do not have an air fryer, you may pan fry the Tofu until it is crispy and golden on the outside.